



**HEALTHY PARKS,
HEALTHY PEOPLE**

Martinak and Tuckahoe State Parks

February 2018

The cold weather doesn't stop our activities at Tuckahoe and Martinak State Parks! With our indoor and outdoor Healthy Parks Healthy People Programs, we always make accommodations according to what the weather brings us. In addition, we are always ready to enjoy a sunny day that may come along and surprise us, even in the middle of winter. Come get your body and mind in motion with us.

GUIDED WALKING AND HIKING SERIES

First Saturday Walk: Discover native habitats at Adkins. \$5.00 for non-members, (Free for members and Park RX holders) February 3rd, 10:00 AM Adkins Arboretum

Walk @MSP: Meet for a walk on the 3rd and 10th, 2:30 PM, Martinak Nature Center

Meditative Walk: Fridays the 2nd and 9th, 3 PM, Martinak Nature Center

Kid's Nature Walk: Meet Thursdays the 1st and 8th, 4 PM, Martinak Nature Center. *(Kids under 5 must be accompanied by an adult.)*

Walk it Out!: Challenge yourself to walk faster. Tuesdays (not the 20th) and Thursdays, 8:45 AM, Martinak Nature Center *(Inclement weather meet in nature center for Walk 15.)*

Senior Stroll: Walk and exercise on the paved fitness trail on Tuesdays (not the 20th) and Thursdays, 10:30 AM, Martinak Park Office. *(Inclement weather or temperatures below 30 degrees meet in nature center for Walk 15.)*

Walk @TSP: Meet at for a walk. The first 2 Tuesdays, Thursdays, Fridays and Saturdays of February, 12:30 PM, Tuckahoe Office

Lake Walk: Walk the Tuckahoe Lake Trail. Tuesdays the 6th and 13th, 2:15 PM Tuckahoe Lake Pavilion

Push Yourself Hike: Guided, 2.5-hour hike. Saturdays the 3rd and 10th, 9:30 AM, Tuckahoe Park Office

STRETCH

For stretching programs, bring a mat/towel.

Morning Stretch: Improve flexibility, core and balance. Tuesdays (not the 20th) & Thursdays, 8:00 AM,

Martinak Nature Center.

Stretch into the weekend: Say hello to the weekend with yoga inspired stretches.

Fridays the 2nd and 9th, 11 AM, Martinak Nature Center

Kid's Yoga Stretch: Kids 5+ come stretch Fridays the 2nd and 9th, 5 PM, Martinak Nature Center.

Stretch before Hike: Warm up before hiking. The first two Thursdays & Saturdays of February, 12 PM & The first two Saturdays, 9 AM, Tuckahoe Office

Cool Down Stretch: After walk cool down. Tuesdays the 6th and 13th, 1:30 PM, Tuckahoe Park Office

Afternoon Yoga: Afternoon yoga, Tuesdays the 6th and 13th, 3:15 PM, Tuckahoe Lake Pavilion

DANCE AND INDOOR WALKING

Clogging Basics: Learn clog dance steps and routines. No special shoes needed. Thursdays, Feb 15 and 22, Martinak Nature Center.

Walk 15: Indoor walking for everyone. Wednesdays Feb 14 and 28, 8:30 AM, Martinak Nature Center.

Ballet Stretch for Kids: Stretch like a ballerina! Martinak Nature Center. Ages 6-10. Saturdays the 3rd and 10th, 3:30 PM.

Basic Tap: Learn a basic tap combination. All ages. Tap shoes NOT needed, wear hard soled shoe. Martinak Nature Center. Saturdays the 3rd and 10th, 4:30 PM.

PAINTING, CRAFTING AND COOKING

Parent and Child Paint Afternoon: Create a winter themed painting with your child or escape for a few hours on Sunday February 18 from 2:00 - 4:00 PM at the Martinak Nature Center. Call 410-924-1529 to reserve your seat or for more information. Cost \$15.00 for parent and child.

Scrapbooking: Bring pictures and scrapbooking materials. Fridays the 2nd and 9th, 4 PM, Martinak Nature Center

Kid's Craft: Kids 5+ make a craft at Fridays the 2nd and 9th, at 6 PM, Martinak Nature Center

Nature Sketch: Bring materials to sketch outdoors. Thursdays the 1st and 8th, 3 PM, Martinak Nature Center

Make a Collage: Bring pictures/magazines to make a collage. Thursdays the 1st and 8th, at 2PM, Martinak Nature Center

Healthy Cooking Demonstration: Make and eat a healthy snack. Fridays the 2nd and 9th, 2 PM, Martinak Nature Center

Check our website for more park activities by clicking on the calendar of events at <http://dnr.maryland.gov/Publiclands/Pages/outdooreduc.aspx> and like us on Facebook and Instagram at Friends of Tuckahoe and Martinak State Parks.